

# Quick'N Cool Summer Salad

**Makes:** 8 servings

## Ingredients

**14 ounces** elbow macaroni  
**1 can** green beans (16 ounce, drained, or other vegetable)  
**1 can** tuna packed in water (7 ounces, drained and flaked)  
**1 cup** cheese (diced)  
**1/2 cup** sweet pickles (diced)  
**1/2 cup** onion (diced)  
**1 cup** yogurt, plain  
**1/2 cup** mayonnaise, light  
**1 1/2 tablespoons** lemon juice  
**1/4 teaspoon** salt  
**1/4 teaspoon** seasoned pepper

## Directions

1. Prepare elbow macaroni according to package directions and drain.
2. Add vegetables, tuna, onions, cheese, and pickles.
3. Mix yogurt, salad dressing, lemon juice, salt and seasoned pepper.
4. Toss with macaroni mixture.
5. Chill before serving.
6. Refrigerate leftovers promptly.

Washington State University Extension, Favorite Recipes for Family Meals

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	360	
Total Fat	12 g	18%
Protein	18 g	
Carbohydrates	46 g	15%
Dietary Fiber	3 g	12%
Saturated Fat	4.5 g	23%
Sodium	500 mg	21%